

# **POST NATAL CARE**

**Duration : 120 mts - 150 mts**

**Transportation cost based on location**

**Free doctor advise**

## **MOTHER AND BABY CARE**

**7 days : 4500AED**

**14 days : 8500AED**

**21 days: 12000 AED**

### **MOTHER CARE:**

**1. Head massage with Ayurvedic medicated oil**

**2.Thalam**

**3.Face massage and Ayurvedic Face pack**

**4.Full body massage/ Abhyanga**

**5. Hot Compress/ Kizhi (neck shoulder lower back knee)**

**6. Ayurvedic Full body mask/pack**

**7.Vaginal (triphalal) sitz bath :10 mt**

**8.Ayurvedic Herbal Bath( Vedhukuli)**

**9.Abdominal Binding**

**10 Herbal medicine and Soup for Abdominal healing and lactation prescribed by Ayurvedic Parctitioner. :**

### **BABY CARE**

**Baby massage with specially prepared baby oil**

**Baby bath with herbs**